

The Fort Huachuca Scout®



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Photo by Sgt. Joy Pariente

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Motorcycle safety not a slam at motorcyclists

BY DAN SIMON
SCOUT STAFF

We appear to have struck a nerve. The Scout recently ran a commentary on motorcycle safety that seems to have offended a number of retired military motorcycle riders in the community.

We've received a number of suggestions, including some for future stories, some of which are actually pretty interesting. We will try to tackle at least a few of those ideas over the coming months.

Just for the record, the Scout has nothing against motorcycle enthusiasts. In fact we run these articles, just like we run articles on speeding, motor vehicle safety and the dangers of drunken driving, because we'd like

you people to stay alive and be around to bother us with angry letters even longer. Earlier this year it was announced that Army motorcycle fatalities had increased dramatically over the previous year (nine during the first two months of 2005 compared to 22 for all of 2004) and commanders were tasked with taking action. In our case, the Scout was directed to run more motorcycle safety articles. We're doing that.

The article that provoked this deluge (well, I guess it's only by Scout standards that four letters constitutes a deluge) was a commentary titled "Get Ready, Get Set, Die." For those correspondents who wanted to know where we got our facts for such a story, I should point out that the article was taken from "Impax,"

the Army's official safety magazine and it was attributed as to its place of origin. Those writers who thought the Scout originated the article should really check bylines a bit more closely.

Over the next couple of months we're going to run some of the letters we've received. Please keep several things in mind as you read them. Several months ago a Soldier stationed here, just days from retirement, crashed his motorcycle while not wearing a helmet (a violation of Army regulations) and ended up in a coma. Also, random enforcement of the rule requiring motorcyclists to wear long sleeve shirts to gain access to the post is not a failure by the Military Police. Finally, remember that increase in

motorcycle fatalities.

The Scout's position on the subject of motor vehicle safety in general and motorcycle safety in particular, is simple, vehicle operators should follow the appropriate Military, State and Federal regulations for the vehicle they operate and above all, drive safely. If you're doing these things, then the articles and commentaries we've run don't have you in mind.

I'm not going to apologize for running a safety commentary that originally appeared in an Army sanctioned safety magazine particularly since the second half of the article was a reminder of the regulations that govern military personnel and those who want to operate motor vehicles on post.

Probability, perception, and putting on your seatbelt

BY CHIEF WARRANT OFFICER
JEFFERY DANITZ
A COMPANY, 7TH/158TH
AVIATION REGIMENT
FORT HOOD, TX

Would you go to Las Vegas and bet your life on a spin of the roulette wheel? I hope not! You'd probably question the intelligence of anyone willing to make such a gamble. Yet many of our Soldiers bet their lives every day when they don't use their seatbelts in tactical vehicles, especially in theater. Why is this happening?

I heard all the familiar excuses while working as a safety advisor to the Combined Joint Task Force-7 command staff in Iraq. "The seatbelt keeps me from getting out of the vehicle fast." "It restricts me from turning sideways in the seat." This one really scares me: "I was told not to use it."

Aside from commanders telling them not to use seatbelts, why would Soldiers make an independent decision not to buckle up in combat? People make decisions based on their perception of the likelihood an event will occur.

Roadside bombings and ambushes are common in Iraq, so it's natural that Soldiers will do everything possible—including not wearing seatbelts—to "protect" themselves during these events.

Perception of occurrence is influenced by perception of control, and these factors play into Soldiers' decision-making processes, including seatbelt usage. When someone thinks they're in control, they perceive a low likelihood of having an accident. Many Soldiers think accidents only happen to other people; this overconfidence results from their feelings of control. However, we can't control the enemy and can't predict with any certainty when he'll strike. Thus, just in case they're ambushed or bombed, Soldiers feel they have more control if they don't wear their seatbelts.

This skewed perception can get Soldiers in trouble. Most Soldiers believe they're more likely to die because they can't get out of a vehicle quickly during an ambush or bombing. In their minds, the risk of injury or death in a rollover or other accident is secondary. It makes sense to them, then, not to wear seatbelts in combat.

This logic is flawed. Army regulations say seatbelts must be worn at all times—even in combat—for a simple reason. Statistics show many more Soldiers are injured or killed because they aren't wearing their seatbelts than are killed by the enemy because they can't get their seatbelts off quickly. Did I mention there hasn't been a single documented case of the latter happening?

In other words, ZERO Soldiers have died because they were trapped by their seatbelts during enemy activity, but many have been killed because they weren't buckled up during a vehicle accident.

An intelligent person learns from their own mistakes, but a wise individual learns from the mistakes of others. I hope you'll make sound decisions and carry out safe operating procedures every time you begin a mission. Remember, the probability of you making it home safe is MUCH greater if you wear your seatbelt. Your family, friends, and the Army will thank you for it.

Contact the author at (469) 964-9900 or by e-mail at jeffery.danitz@us.army.mil.

The Fort Huachuca Scout

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EEO Office initiates MCRP committee

BY EFREN MEDRANO
EEO OFFICE

The Garrison Team for Minority College Relations Program held its first quarterly meeting June 3. Appointed to serve on this committee are; SJA-Col. Rafael Lara, CPAC- Thomas O'Brien, RMO- Hanna Hooper, Cdr.- James A. Chambers, EEO- Efren Medrano, DPW- John Ruble and ITEC-4W DOC- Charles Collins. Other members of this committee included Joan A. Street, who will serve as the MCRP manager, Beth Ford, Affirmative Employment Program manager and Jo Villanueva, Department of the Army EEO intern.

This committee has been tasked to address the various components of the Minority College Relations Programs to include; entering into a viable and successful partnership with the two local col-

leges which are recognized as Hispanic Serving Institutions. The criteria used for this category include an enrollment of at least 25 percent of the student body as Hispanic.

This team leaped into the opportunity of continuing the local mentoring program which was already established in the EEO office, participating in the annual job fair's -Techno Expo events during the month of April, documenting strategies and strides reported in the installation's Annual Affirmative Employment Plan as well as reporting quarterly activities to the President's Hispanic Program Initiatives through the Nine Point Hispanic Plan and Hispanic Initiatives Annual Report to Congress.

Lara mentioned that he would support and participate in providing information to the students enrolled at Cochise College and University of Arizona South Campus in Douglas. Wilma Rose, substitut-

ing for Chuck Collins, suggested that the team form a panel for discussion for the various career program managers on Fort Huachuca so that they can describe what the different career fields do and identifying the minimum educational requirements for the position encompass. Hanna Hooper suggested working with the career counselors at the colleges and inviting them to our next meeting. Jim Chambers supported the idea of mentoring program to be kept as an on-going measure of this program and John Ruble suggested introducing career opportunities to students at the junior high level so they can begin to see the federal government as a good career move after completing college requirements. Any interest or suggestions from the installation or local community can be made by contacting Joan Street at 538-0276 or at joan.street@us.army.mil.



Photo by Maj. Matthew Garner

Play ball

Matt Rose throws the first pitch at the Tucson Sidewinders military appreciation night. Rose is the son of deployed Soldier Col. Jim Rose, who threw the first pitch at last year's game and they became one of the first father and son teams to represent the Army in throwing the first pitch. Rose has been serving in Iraq since October as the executive officer to the commander, Multi-National Force Iraq.

Never, never, never shake a baby

BY DEBORAH PUMPHREY
ARMY COMMUNITY SERVICES

Babies cry because it is their only way to communicate to us that they need something. They aren't crying because they are trying to upset us! However, when you are sleep deprived and your baby has been crying for hours on end, you may find yourself at the end of your rope. You may feel angry,

frustrated, and tense—and may feel like shaking your baby.

While it is normal to have these feelings, it is NEVER okay to shake a baby. Many people do not realize what damage can be caused by shaking a baby. Babies have weak neck muscles and heavy heads. Therefore, when they are shaken, their brain may hit their

See **BABY**, Page A14



Photo by Staff Sgt. Jeff Troth

Running for glory

Spc Lawrence Haggerty (left), 302nd Signal Battalion, and Sgt. Keya Brown, 114th Signal Battalion, lead the pack on the Army Physical Fitness Test 2-mile run during the Network Enterprise Technology Command/9th Army Signal Command NCO/Soldier of the Year competition Monday. Each NCO and Soldier is competing for a chance to represent NETCOM/9th ASC at the Army Forces Command level competition in August, at Fort McPherson, Ga. Winners will be announced at a dinner banquet June 23 at the Windemere Hotel.

Thunderbird Dining Facility now open

BY 1ST LT. ANDREA PRATT

11TH SIG PAO

For almost three months, Soldiers of the 11th Signal Brigade had to trek all the way across post for their daily meals, occasionally running into large student crowds and running out of time.

If they didn't have cars, they took short buses or filled each others' vehicles to dine in the Military Intelligence Dining Facility in Prosser Village instead of eating in their familiar and centrally located Thunderbird Dining Facility, which sits right in the middle of all of their barracks.

Those hassles are over now, as a \$225,000-renovation project has been completed and the familiar dining facility is open once again.



Photo by 1st Lt. Andrea Pratt

Customers line up for service at the renovated dining facility.

On Monday the dining facility reopened its doors to a hungry crowd

after a ribbon cutting ceremony to celebrate its new interiors which in-

cluded all new flooring, a new freezer, electrical upgrades, and fresh paint. Out of all of the alterations, the flooring was the most expensive, but according to a survey taken last year, the floor received the most comments and became one of the primary reasons for the entire renovation process in the first place.

"The floors look a lot cleaner," said Spc. Derek Milne, a 25B in Headquarters Company, 40th Signal Battalion. "There aren't many changes to the outside, but the inside looks neater." His first observation was the removal of the booths that used to line the floor space, which he preferred sitting in, "but it's a good DFAC, and it's nice and conveniently

See **DINING**, Page A15

18th Military Police detachment 'Fab Four' reenlist

BY MASTER SGT.
CHARLES BRANDON
CONTRIBUTING WRITER

Whether it be force protection, patrolling the border, or keeping the roads safe on post, the Military Police have to stick together. The spirit of teamwork was never more evident on June 2, when four Soldiers from the 18th Military Police Detachment reenlisted together in a ceremony held at Qualification Range 13 on Fort Huachuca.

Dubbed the "fab four" by the detachment commander Capt. Randolph M. Morgan, the quartet echoed a common theme as the reason for their reenlistments. Sgt. Eric C. Messerle, Sgt. Ruben S. Acosta, Sgt. Adam R. Franks, and Spc. Jonathan G. Galchik simply said they wanted to continue their service in the

Army and specifically the Military Police Corps.

Morgan expressed his excitement at the occasion, "I'm so excited to see these Soldiers reenlist because these are the Soldiers I wanted to see reenlist," he said. "These are my outstanding guys, these are over-achievers, and the overall bar has been raised. They're setting the example for the younger Soldiers. Reenlistment is a trend right now, squad leaders and team leaders are reenlisting and the younger Soldiers see that. Esprit de corps is high and the Army is offering some amazing bonus's right now."

18th Military Police Detachment 1st Sgt. Julius E. Gonzales picked up the theme, "It's always an honor to see a Soldier reenlist, having four reenlist at one time

makes me extremely proud," he said. "Soldiers are starting to see that the Army offers a better career than anything in the civilian market right now. I offer my Soldier's that reenlist a school that could keep them here at Fort Huachuca. They know that maybe not right away, but eventually, they will get a school that will help them further their careers."

Sgt Ruben Acosta's father traveled from California to witness his son's reenlistment. A career law enforcement official himself, Fred Acosta said he was proud of his son's decision to reenlist and said, "I fully support Ruben's service to our country." Also in attendance was Mrs. Monica Galchik who explained, "The military is a team effort, we wanted to do this together. Jonathan is pas-



Photo by Dan Simon

Four MPs recently reenlisted as a group here. From left Sgt. Adam R. Franks, Sgt. Ruben S. Acosta, Sgt. Eric C. Messerle, Spc. Jonathan G. Galchik.

sionate about the military, he wants to go and fight. We enjoy all the travel being in the Army allows us to do; we hope to make it a career."

After the break in the ac-

tion and all the family members gone it was back on the firing line for the Military Police. Back to doing Soldier stuff ... sending rounds down range.

NETCOM/9th ASC Soldier of the Year to be announced

SCOUT REPORTS

The United States Army Network Enterprise Technology Command/9th Army Signal Command held its Noncommissioned Officer and Soldier of the Year competition Monday through today, at Fort Huachuca.

A total of 15 Soldiers from NETCOM/9th ASC subordinate units from across the globe converged at the post for the four-day event.

The rigorous competition consisted of several Soldiering tasks; M-16 rifle marksmanship; land naviga-

tion skills test; physical fitness testing; a written test; and finally they faced a panel of sergeants major.

Each Soldier competed for a chance to represent NETCOM/9th ASC at the Army Forces Command Level competition in August, at Fort McPherson, Ga. If they win the

competition there, they will then compete for the Army's NCO/Soldier of the Year competition in October, at Fort Lee, Va., and Washington D.C.

Winners will be announced at a dinner banquet tonight, at the Windemere Hotel, Sierra Vista, Ariz.

Captains to be promoted sooner, serve longer as majors

ARMY NEWS SERVICE

The Army has increased its career developmental timeline for active-duty majors by one year, while shortening time spent as a captain.

The initiative, recently approved by Secretary of the Army Francis Harvey, will reduce pin-on time to major from 10 years and seven months to 10 years. In order to implement this, two major promotion boards will be conducted in Fiscal Year 2006.

The change sets the developmental timelines in synchronization with the Army's modularity, transformation and intermediate-level education, or ILE, requirements, said Col. Mark Patterson, chief, Officer Policy Division, G1, at the Pentagon.

"This will allow us to better manage our officers and meet the needs of an Army at war in the 21st century," Patterson said. He explained that modularity and the new units of action have created a need for more

majors in many career fields, but the real reason for the change is to allow majors time for a joint-service assignment.

"It's key because it gives majors a joint assignment opportunity that they might not get prior to being promoted to lieutenant colonel or colonel."

Majors currently serve five years before pinning on lieutenant colonel.

"The emphasis on joint operations is crucial – joint is the future. We need to look at joint assignment opportunities and how Soldiers get that experience," Patterson said.

Beginning in 2007, no more waivers will be granted for joint service and colonels will need a joint assignment to be competitive for promotions, Patterson said.

The additional year requirement, initiated by the Officer Personnel Management System, or OPMS III, identified the need to further develop officers by expanding their career timeline.

"The extra year will benefit the officer and the military," said Lt. Col. Craig Vest, branch chief, officer selection board policy branch.

"This will definitely have a positive impact within the Army and enhance our overall captain retention rate," Patterson said.

The emphasis on joint operations is crucial – joint is the future. We need to look at joint assignment opportunities and how Soldiers get that experience.

Mark Patterson
chief, Pentagon Officer Policy
Division

The reduction in time spent as a captain aligns the Army with other armed services; the Air Force and

Marine Corps' pin-on time to major is 10 years and three months, and the Navy's is nine years and 11 months.

"This is a very positive change within the Army. Not only is the earlier promotion a perk, but it's important that we'll have extra time as a field-grade officer to develop too," said Capt. Hope Rampy, personnel policy integrator.

The early promotion goal will affect the current fiscal year 2005 major Army promotion board that will be released in June. Officers will pin on their rank sooner.

"The goal is to begin promoting in August and exhaust the list by March 1, 2006," Patterson said.

There will be two separate major promotion boards in FY 2006. The first board will convene Sept. 6, and the second in April.

"Leadership wants to ensure that officers in the field have the opportunity to start preparing their file for the September board," Patterson said.

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Coalition transfers base to Iraqi Army

ARMY NEWS SERVICE

A ceremony was held in western Baghdad June 9 to officially transfer the authority of Raider Base from Coalition Forces to the Iraqi Army.

"This represents a tremendous growth and ability of the Iraqi Security Forces to assume on their own duties of manning an important outpost," said Lt. Col. Loepoldo Quintas, commander, 2nd Battalion, 70th Armored Regiment, 2nd Brigade Combat Team, 10th Mountain Division.

Gen. Aziz Swady, 3/6 Brigade commander and Soldiers from the 3rd Brigade, 6th Iraqi Army Division were passed the torch of control for Raider Base. Aziz gave a promise to the Iraqi people that they will defend the base with their lives.

"We will never forget the good that the Coalition Forces have done for our city and the good you have done to help our country," Aziz said. "To the people of Abu Ghraib and the Iraqi people, we will be faithful Soldiers and protect our base."

The efforts of the Iraqi Army have had

a positive effect on anti-Iraqi attacks in the city of Abu Ghraib. Since the 3-6 IA BDE became a main presence in the area in May, the total number roadside bombs, mortar and rocket attacks have dropped from seven attacks per day to only two per day. Several key targets and insurgents have also been detained.

Raider Base was initially established in June 2003 under the command of Quintas, after the Coalition Forces march to Baghdad in March 2003. The base served as a stopping point for Coalition patrols in and out of the city.

The base was transferred to the 2nd Battalion, 14th Infantry Regiment, 2nd BCT in Nov. 2004.

Pfc. John Rager, a Soldier from 2nd Platoon, B Company, 2-70 AR died July 19, 2003 and many other Soldiers from his platoon were wounded during an attack on a checkpoint near the base. Rager and the Soldiers were memorialized by naming the base after the 2nd Platoon "Raiders."

Quintas, along with three Soldiers from the "Raider" platoon, who originally

guarded the base, participated in the ceremony.

"This is a tribute to all the Soldiers, U.S., Estonian and Iraqi, who have served at this base," Quintas said. "We are honored to take place in Iraq's history."

Located near the Abu Ghraib markets, Raider Base was once the former location of the city's municipal buildings. On Sept. 30, 2004, a disastrous terrorist attack from a vehicle borne improvised explosive device destroyed the main seats of the city government, fire department and police station.

Quintas said because of its strategic location, Raider Base has always been a thorn in the side of the enemy.

"Though the misfortune of a VBIED destroyed the main municipal building of the city, this base lives on," Quintas said. "The Iraqi Army is here to stay."

The colors of 2-70 AR and 2-14 IN were lowered, cased and marched off the ceremonial field leaving the Iraqi flag to fly high above the walls of Raider Base.

"Today is a historic day," said Col. Mark

A. Milley, 2nd BCT commander. "We gather for this humble ceremony surrounded by mud, dust and the reminiscences of war. From those ashes, Iraq has risen like a phoenix. The Iraqi colors now stand free and tall."



Photo by Spc. Brian Schroeder

The battalion colors of 2nd Battalion, 70th Armored Regiment and 2nd Brigade, 14th Infantry Regiment, 2nd Brigade Combat Team, 10th Mountain Division are cased during a transition of authority ceremony in the western Baghdad district of Abu Ghraib June 9. Full command and control of the base was handed over to the 3rd Battalion, 6th Iraqi Army Division.

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Cost Warriors for June announced

1. Dennis Sherrod, Education Services Directorate.

T1 Lines Established with Cochise College.

The Education Center has been using a T1 line with Directorate of Morale, Welfare, and Recreation as a co-partner, but the service was discontinued by the civilian vendor.

The Education Center had 50 computers on this T1 service, and Ed Center students must have this access to complete their educational requirements.

Mr. Sherrod worked with Cochise College, and the college agreed to fund the 50 computers and allow them to be on their T1 line.

Cochise College will pay the Internet service cost, saving the Education Center approximately \$14,500 per year.

2. Tanja Linton, Public Affairs Office.

Border Patrol Media Escorts.

Tanja Linton established a protocol with the Border Patrol public information officer to escort

media for Department of Homeland Security-specific media events, relieving the PAO of the responsibility of escorting these events.

Prior to this being established, the policy was for a GS-11 PAO employee to escort the media. The expense to the PAO office was approximately \$1,744 of staff time per media event, and with the institution of the new policy there is an indirect cost savings included in a time and work efficiency improvement for the staff.



Photo by Amanda Keith

Tanja Linton.

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Champions in training

Post boxing class trains Soldiers for competition or hobby

BY SGT.
JOY PARIANTE
SCOUT STAFF

Are you frustrated, irritated or cranky? Do you need some extra physical training? Do you want to learn discipline and self defense? If you answered yes to any of these questions then a visit to the boxing ring at Barnes Field House might just be the answer.

Boxing Coach Andre Portella is currently teaching an introduction to boxing program there in hopes of increasing interest in his sport. Portella has combined 17 years of competitive boxing and 14 years of coaching experience into a class geared towards teaching Soldiers the basics of boxing. Portella also works with com-

petitive hopefuls and five Soldiers from this class medaled at the Golden Gloves competition. Portella also

served as an All Army coach during his time in the service.

The class started seven months ago as a

place for serious boxers to train and for those

See **BOXING**,
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Photos by Sgt. Joy Pariente

Above: Richard Nowatzki, Company A, 309th Military Intelligence Battalion shadow boxes during class. Below: Coach Andre Portella works with All Army boxer Nathaniel Hicks. Top left: New members to the class feel a little worn out by the end of the two hour lesson. Bottom left: Travis Durant, 40th Signal Battalion checks his form in the mirror at Barnes Field House.



A damp farewell for 305th pilot

BY SGT. JOY PARIANTE
SCOUT STAFF

Lt. Col. Joel Roberts made a splashy exit from the Army aviation field Wednesday. The commander of the 305th Military Intelligence Battalion piloted his final Army flight at Libby Army Airfield and was greeted on the runway by family, friends, well wishers and a hose.

In accordance with Army tradition, both Roberts and his plane were hosed down by the Fort Huachuca Fire Department upon landing.

The rainy ritual symbolizes the end of a successful flying career, Roberts said. The tradition goes back to the days of the Army Air Corps, when pilots would celebrate their last combat flights.

In the Navy, their aviators are "honored" by having their boots launched off an aircraft carrier.

Roberts said he found time during this flight and celebration to "think of his aviator brethren who aren't here [at the celebration]." Roberts also explained that these sorts of traditions keep ties close between aviators and

show the honored aviator the respect and appreciation his flight peers have for him.

Although Roberts is not retiring, Wednesday marked his last flight as part of the Special Electronic Mission Aircraft division. Manned aerial reconnaissance and signal intelligence falls into the realm of SEMA.

SEMA specializes in using multiple aircrafts at high altitude to listen and find the enemy, Capt. William Davis, SEMA instruction division chief, said. "And we find them better than anyone else."

Roberts explained that battalion commander is the highest position a SEMA officer can hold.

While SEMA Soldiers are technically aviators, they have never served in aviation units, Roberts said. They're all assigned to military intelligence units.

So, while Roberts doesn't know yet what the future holds for him yet in regards to assignments, he said he does plan on "ensuring military intelligence and aviation are tied hand in hand."

Roberts last flight was in an RC-12N which, coincidentally

was type of aircraft he initially qualified for flight in, Davis said. Roberts was a member of the first RC-12N qualification class here at Fort Huachuca, Davis added.

The 305th is one of Fort Huachuca's many military intelligence training units. They are tasked with training aviators on the various pieces of manned aerial reconnaissance equipment.

"We are the best airborne SIGINT asset in the Department of Defense," Davis said. "All the services want us but they can't have us because we support Soldiers," Davis continued. SEMA gets Soldiers the intelligence information needed to support the wartime mission, Davis said.

Lt. Col. Angie Farnell will take the reins of the 305th Friday at Chaffee Parade Field. Roberts left some encouraging words for his replacement including continuing fostering the good, trusting relationships she has with her noncommissioned officers, warrant officers and commissioned officers. Also, he added, "Keep the shiny side up and the greasy side down."



Photo by Sgt. Joy Pariente

Lt. Col. Joel Roberts, commander, 305th Military Intelligence Battalion, gets hosed down following his final flight.

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Range Closures

Today – AB, AC, AF, AG, AK, AL, AM, AR, AU, AW, AY, T1, T1A, T2, T3

Friday – AB, AC, AF, AG, AL, AR, AU, AW, AY, T1, T1A, T2, T3

Saturday – AB, AC, AF, AL, AM, AR, T1, T1A, T2, T3

Sunday – AB, AC, AF, AL, AR, T1, T1A, T2

Monday – AB, AC, AF, AG, AL, AM, AR, T1, T1A, T2

Tuesday – AB, AC, AF, AG, AL, AM, AR, AU, T1, T1A, T2

Wednesday – AB, AC, AF, AG, AL, AR, AU, AW, AX, AY, T1, T1A, T2, T3

For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

System delay

AFGE Local 1662 was informed that the Department of Defense intended to delay the July 1 implementation of the National Security Personnel System. No date for the implementation has, of yet, been published. NSPS has caused considerable concern for employees, supervisors, and

unions due to the current lack of implementing guidance - which may also be the reason for the implementation delay. Updates on NSPS are always available from AFGE Local 1662 at 533-2879. We also intend to include discussion(s) of the updates during our monthly membership meetings on the third Wednesday of each month, at 4:30 p.m., at building 41414. Membership is not required to attend the monthly meetings.

Road paving

The Directorate of Public Works will be repaving Butler Road between Christy Avenue and the Canelo Road and the Gatewood Road intersection. The repaving is expected to be completed by July 1. The road will remain open while the repairs are underway. For more information, call 533-1443.

Office closure

The NETCOM/9th ASC, ACofS, G8 will be closed June 30 at 11 a.m. for the annual picnic. The office of ACofS, G8 will be minimally staffed

during this time. For more information, call Fran Lopez and 538-6881.

Relocation Workshop

Army Community Service is offering a relocation workshop for Soldiers and family members making their first move at the following times and dates: 1:30 p.m., July 6; 4 p.m., July 14; 1:30 p.m., July 26; and 6 p.m., July 28. All workshops will be held at the ACS Building 50010. The workshops will discuss expectations, entitlements and budgeting for the move.

Please register by calling ACS at 533-2330.

Robo-Tech Camp

The Joint Interoperability Test Command and the National Science Center will host the first ever DISA Field Site Robo-Tech Camp.

The camp will be held at 8:30 a.m. – 3:30 p.m. on July 11 – 15 at the JITC building 57305. Students who will enter the 6th – 8th graders in the fall of 2005 are eligible to participate. Participants will be chosen based on completion of an essay. Camp students will learn how to program the robot to complete

simple to complex challenges, including a Mars Rover challenge. Essays can be submitted via e-mail to JITC_camp@disa.mil, faxed to 533-4825, or mailed to Joint Interoperability Test Command, ATTN: JTDA (Mr. Kaczowski), P.O. Box 12798, Fort Huachuca, AZ 85613-2798. The cost for this camp is \$100.

For more information, call Anita Bickler at 538-5018 or Chris Kaczowski at 538-5439 or send an e-mail to JITC_camp@disa.mil.

Fort Huachuca welcomes newcomers

Army Community Service wants to welcome newcomers to the Fort Huachuca community. The Huachuca Welcome - a newcomer's orientation - is scheduled for 9 a.m., July 13, and again at 9 a.m., July 24 at Murr Community Center.

The orientation will provide information about the installation and the community. A tour of the post is provided

Pre-register by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

Chaplain's Corner

Springtime in the southeast Arizona Theatre of operations, part three

BY CHAPLAIN (CAPT.) SCOTT DANIEL

504TH SIGNAL BATTALION CHAPLAIN

This article is a continuation from the 23 edition of The Fort

Huachuca Scout, published June 16.

A short memory for his own looks but also a short memory for the works of God. In other words, he is a Thomas.

I guess that is what I am getting at

today. Many of us go through our lives and careers without a memory of all the good things that have happened to us/for us/through us. We are constantly looking toward that next promotion, position, or duty

station. Or we are looking back at a previous time, thinking how good it was then and wishing to go back.

(Article to be continued next week)

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village

Roman Catholic Worship

Mon.-Fri.	11:30 a.m.	Main Post
Saturday	4 p.m.	Main Post
Confession		
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		
Sunday	11:30 a.m.	Kino Chapel
Mass		

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

Main Post Chapel

CCD	Sunday	10:45 a.m.
Adult	Sunday	10:45 a.m.
Apologetics		
Adoration of the	Friday	3 - 6 p.m.
Sacrament Blessed		
Korean OCIA	Friday	7p.m.
MCCW	1st Friday	7 p.m.

Protestant

Main Post Chapel

PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.

Kino Chapel

Women's Ministry	1st, 3rd Friday	6 p.m.
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Bible Study Fellowship

Adult/Youth	Sunday	8 a.m.
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Sunday School

Youth Church	1st, 2nd, 3rd, 5th Sunday	
Men's Choir	Tuesday	7 p.m.
Rehearsal		
Women's Choir	2nd Tuesday	7 p.m.
Rehearsal		
Adult Bible Study	today	6 - 7 p.m.
Youth Bible Study	today	6 - 7 p.m.
Sanctuary Choir	today	7 p.m.
Rehearsal		
Youth Ushers	Saturday	10 a.m.
Youth Choir	3rd Saturday	10:30 a.m.
Youth Emphasis	4th Saturday	
Saturdays		
Drama Team	Saturday	8:30 a.m.
Youth Min. Staff	Saturday	10 a.m.
& Parents Meeting		
Youth Choir	Saturday	10:30 a.m.
Rehearsal		

Murr Community Center

Teens and	Sunday	9:20 a.m.
Pre-teens Study		
Parish Council	1st Sunday after service	

Meetings		
Women's Ministry	2nd Sunday	
Meetings		
Youth Ministry	3rd Sunday	
Meetings		
Adult Usher	4th Sunday after service	
Meetings		
Men's Ministry	Saturday	8 a.m.
Bible Study		
Women's Choir	5th Saturday	11 a.m.
Rehearsal		

Muslim Prayer

Friday	11:30 a.m.	Main Post
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Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Village
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Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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Advertisement

BABY, from Page A3

skull causing internal bleeding.

This can also lead to blindness, brain damage (from mild learning disabilities to severe damage), and even death. By being aware of what results can occur, we can stop ourselves when we feel this frustration building. The best way to cope with a crying baby is to understand why babies cry and have ideas on how to help babies when they are crying.

Babies cry because they have a need. Some examples are: wet diaper, they're too hot, too cold, in pain, sick, hungry, tired, afraid, or sometimes just lonely and needing holding and love. Some babies are considered to have "colic."

This is a loosely used term that refers

to a baby who cries for a long time — often in the evening — and is often inconsolable. Their discomfort is sometimes due to an immature nervous system or digestive system.

The good news about colic is that it normally resolves itself at around 3 months of age. However, in the meantime, parents need ideas about ways to calm their colicky baby. It is good to have a list of ideas handy to refer to since some ideas work some times and others work other times.

Here is a list of ideas: turn on some music you like and gently dance and rock your baby, take baby for a ride in the car or a stroller, put baby in a swing,

swaddle baby tightly in a warm blanket, walk around holding baby or using a front baby carrier, lay baby across your lap with your legs crossed and rub baby's back, vacuum while carrying baby in a carrier, and ask friends what worked for their babies. Remember, nothing works all of the time. You need to try different combinations of sound and movement and learn about your baby's own likes and dislikes.

If all else fails and your baby will not stop crying, take a break by placing your baby in its crib or bassinet. Then, go into another room for a few minutes. It is okay if your baby is still crying while you take a few

moments to gather yourself.

Talk with other adults about your feelings and ask a friend or relative for help. Some babies require more attention than others. It is NOT anything that you have done!! Hang in there. Things will become easier. Crying is something your baby will outgrow. Damage from shaking is something they will never outgrow. So, remember, never, never, never shake a baby.

For more information about Shaken Baby Syndrome or ideas for calming a crying baby, contact Debbie Pumphrey, New Parent Support Program, Army Community Service, 533-6877 or 533-2330.

BOXING, from Page A10

interested in boxing to learn and have fun, Portella said. "We train them to compete, but more than that we train discipline," Portella said. Portella also wants to instill the concept of "no man is an island." Even in an individual sport like boxing, Portella said, you're nothing without your team. Of course,

teamwork and discipline blend closely with Army values and mission.

In addition to sharing a love of boxing with Soldiers, Portella also hopes to form a Fort Huachuca boxing team with the Soldiers he's training. "Fort Huachuca is the home of Army boxing, All Army

camps are here every year, but Fort Huachuca hasn't had a boxing team," Portella explained. "We're going to change that."

Portella offers his training and time to the Army on a purely voluntary basis. For anyone interested, Portella and his wife (who's with the company PT Boxing) coach 5:30

p.m. to 7:30 p.m., Monday through Friday at the boxing ring at Barnes Field House. Both are United States Amateur certified boxing coaches and the course is free to all servicemembers. Family members, friends or children who would like to attend need to talk to Portella about it.

Advertisement

DINING, from Page A4

located between all of the barracks.”

Staff Sgt. Ronald Wilson, the Thunderbird Dining Facility administrative NCOIC, says that “the paint job improved the looks of the dining room and made it a better atmosphere to eat in.” He believes the flooring was the most necessary out of all of the renovations, and as far as the cooking staff is concerned, says that “the new DFAC fryer will definitely help with the cooking and frying process.” He wants to welcome as many people as possible to “come out and check out the new DFAC.”

Several people are referring to the renovated facility as “the new DFAC,” even though most will not notice any difference in appearance from the exterior of the building, and maybe not too much of a difference in the layout of the interior.

The major difference in the appearance of the interior is the transition from dark, blocked off areas to light, open areas that make the eating area

feel much more open and cleaner.

The dark-colored carpeting has been completely removed and replaced with a light pink vinyl flooring; there are no more wooden booths or area borders with vegetative decorations, only round glass table tops and more floor space to make it appear more open, and there seems to be more area to walk in now that there is more space in the seating areas.

Chief Warrant Officer Kendall Brown, the brigade command food service technician, felt that the most necessary renovations were the flooring, the new freezer and painting, but he is “most impressed by the new flooring.” When asked which renovations he thought the Soldiers would appreciate the most, he said “all [of them] and the fact that the DFAC is open again.” The Soldiers who felt displaced by the renovation process can now visit their familiar DFAC as easily as they could before the renovations, but Chief Warrant Officer

Brown feels that the renovations “will encourage Soldiers to come to the DFAC more often ... along with the food!”

The floors look a lot cleaner. There aren't many changes to the outside, but the inside looks neater.

Spc. Derek Milne
40th Signal Battalion

The renovations have impressed several people and made a significant difference in the atmosphere of the eating areas. Brown wanted to personally “thank all that made this project a successful one,” and encourage as many people as possible to come and have a meal at the newly renovated Thunderbird DFAC.

Advertisement

Men's Health month asks men to

BY SELINA JEANISE
RWBAHC PAO

Time and again research tells us that men typically do not seek preventive medical care or tests. Men tend to avoid going to the doctor, perhaps because they aren't comfortable talking about their health or perhaps they don't want to be perceived as weak. It is extremely important for men to know and understand they need to make preventive visits with their health care provider.

Men need to have appropriate health screenings to stay healthy but also it's important to realize that with each visit they are building a relationship with their healthcare provider. This relationship is important because it allows health care providers to better understand the needs of their patients as well as better detect any changes in their patient's health.

Often, men put off seeking healthcare until they develop an illness or are beginning to have adverse health issues. Upon detection or diagnosis of any health issues they realize they have clue as to what they should do next. With regular check-ups and physicals, men have time to learn a little about their health with each visit, and if they do have an illness or health issue they are better prepared with better knowledge.

One way to think about preventive health check-ups is to compare the care of your body to the maintenance of your car. Most men would not put off the recommended, check-ups for their vehicle. Don't put off the recommended check-ups for your body.

The next question is what, when, and how often? Most men have know they

need to have their prostate checked over the age of 50, (how many actually do that?), but how many realize men get breast cancer, too? How many of us know the age group most likely to develop testicular cancer is 15 – 35? The chart below is a list of the recommended health tests and screenings for men. Ladies, cut this out and put it on the refrigerator or tape it to the tool box.

Body Measurement

Measurements of your height, weight, and waist as well as your body mass index. These measurements are used to determine if you are overweight and to find out if your weight is a threat to your health. The American Heart Association recommends these measurements every two years after the age of 20.

Blood Pressure

A machine measures the amount of pressure your heart exerts when pumping blood out, through your arteries and the amount of pressure when your heart is at rest, between beats. The test is for early detection of high blood pressure (hypertension). Blood pressure is determined by amount of blood flow and resistance to blood flow. Narrow arteries limit blood flow, thus raising blood pressure. The longer high blood pressure goes untreated, the higher your risk of heart attack, stroke, heart failure and kidney damage. You should have your blood pressure checked at least every two years. However, if you have a family history of hypertension, tell your doctor, you may need to check more often.

Cholesterol Test

A blood test that measure the total blood cholesterol, low-density proteins (bad cholesterol), high-density proteins (good

cholesterol), and triglycerides. Cholesterol is a type of fat carried by lipoproteins in your blood. LDL deposits cholesterol on your artery walls and HDL carries cholesterol away from your arteries and to your liver for disposal. When too much cholesterol is deposited on your artery walls or when not enough is carried away you can develop fatty deposits in your arteries. Heart disease is the number one killer of men in the United States. If you are 20 years or older you should have your cholesterol checked at least every five years. But again, talk to your doctor, depending on your family history and your health background you may need more frequent tests.

Colorectal Cancer Screening

Tests that examine your colon and rectum for detec-

tion of polyps, which may develop into cancer and may be present without symptoms. The types of tests are fecal occult blood test, flexible sigmoidoscopy, colon x-ray, and colonoscopy. Your need for screening depends on your level of risk. Three major factors place you at a higher risk:

- * Age 50 or older
 - * Family or personal history of colorectal cancer or adenomatous polyps
 - * Personal history of inflammatory bowel disease
- If you are 50 or older the American Cancer Society recommends the following:
- * Yearly fecal occult blood test
 - * Flexible sigmoidoscopy every five years
 - * Yearly FOBT plus flexible sigmoidoscopy every five years
 - * Double-contrast barium enema every five years

* Colonoscopy every 10 years

If you are at higher risk or believe you may be at a higher risk you should talk to your doctor about the frequency of these tests.

Prostate Cancer Screening Test

During the digital rectal exam, your doctor inserts a lubricated, gloved finger into your rectum, feels the prostate gland and checks for any lumps or firmness in the prostate. The prostate-specific antigen test is a blood test that measures the amount of a protein secreted by the prostate gland. The two tests are complimentary. The American Cancer Society recommends a yearly digital prostate exam if you are 50 or over. However, African American men are at higher risk and should have them done yearly at an earlier age. Talk to your doctor.

Men's Health Month Checklist



Colorectal cancer screening

For men over 50, the American Cancer Society recommends a yearly fecal occult blood test, a flexible signoidoscopy every 5 years, a double-contrast barium enema every 5 years and a colonoscopy every 10 years.

Prostate cancer screening

For men over 50, the American Cancer Society recommends a yearly digital prostate exam. For African-American men, prostate cancer screening should begin at an earlier age.

Testicular exam

Men of all ages should examine their testes monthly. Self exams should be accompanied by a doctor's exam at a yearly physical.

STD screening

Teens and young adults are at highest risk for infection, but STDs affect all age groups, so get tested regularly.

Dental checkup

The American Dental Association recommends that you have yearly dental checkups.

Body measurement

For men over 20, the American Heart Association recommends a BMI test every 2 years.

Blood pressure

Have your blood pressure tested at least every 2 years.

Cholesterol

For men over 20, get tested every 5 years.

o take better care of themselves

Testicular Exam

This exam is used to screen for any masses or any change in size, shape, or consistency of the testes. Any of these may be an indication of testicular cancer. Testicular cancer is the most common cancer for men between the ages of 15 and 35 in the United States. Your doctor should check your testes each time you have a physical exam. Men of all ages, starting in the mid-teenage years should examine their testicles monthly.

Sexually Transmitted Disease Screening Tests

These tests are used to detect infections spread via sexual contact such as HIV (Human Immunodeficiency Virus), gonorrhea, genital herpes and Chlamydia. Many of these diseases have serious and sometimes fatal complications. Sexually

active teens and young adults are at highest risk, but STDs affect all age groups. Your doctor can determine your risk based on your lifestyle and personal risk factors. Those at higher risk include:

- * People who have had multiple sex partners, especially those who have exchanged sex for money or drugs

- * Males who have sex with males

- * Injection drug users and their sex partners

Dental Checkup

Your dentist examines your teeth and gums with a probe and small mirror. They usually check your tongue, lips and soft tissues in your oral cavity. This exam is to check for tooth decay, oral cancer, check your bite to determine if you have problems such as grinding your teeth or problems with your jaw

joint. The American Dental Association recommends that you have regular, yearly, dental checkups.

Eye Examination

You read eye charts and have your pupils dilated with eye drops. Your eye movement, peripheral vision, color vision and the sharpness (acuity) of your eyesight is checked. The doctor will also check the inside of your eye with an instrument called an ophthalmoscope and measure the pressure inside your eye. The eye exam is to determine whether you need glasses or contacts and to identify new vision problems. Common vision problems include:

- Glaucoma: Increased pressure in your eye, which can lead to vision loss

- Macular degeneration: Deterioration of retinal cells, which gradually decreases vision

Cataracts: Clouding of the clear lens of your eye, which blurs vision

The American Academy of Ophthalmology recommends screening once between the ages of 20 and 39, every two to four years between the ages of 40 and 64, and every one to two years after age 65. If you wear corrective lenses, talk with your doctor about how frequently you should have an eye exam.

Hearing Test

Your doctor or a trained technician checks your speech and sound recognition at various volume levels for hearing loss. This should be done at least every decade through the age of 50 and every three years after the age of 50. However, if you are at higher risk for hearing loss you should be checked more often. Talk to your doctor.

Electrocardiogram (ECG)

Electrodes are placed on your chest, arms and legs to pick up and record electrical impulses from your heart. Abnormalities such as heart damage after a heart attack, an irregular heart rhythm or an enlarged heart can be detected. Your doctor may recommend this test as part of a health exam.

Chest X-ray

Chest X-rays reveal the size and shape of your heart and the condition of your lungs, which can help your doctor, detect heart or lung disease. This may also be recommended as part of a health exam.

Blood Chemistry Test

This test measures substances such as potassium, sodium, calcium, phosphorus, and blood sugar, as well as liver enzymes, bilirubin and creatinine. A blood chemistry test can provide information about how well organs such as your liver

and kidneys are working. It can also detect diabetes.

Fasting Blood Sugar Test

This test measures the level of sugar (glucose) in your blood after an 8-hour fast. High glucose levels can indicate diabetes. The American Diabetes Association recommends that if you're 45 or older that you have your blood glucose level checked every three years. If you're at risk for diabetes, your doctor may test you at a younger age or more frequently. Also get this test if you have signs or symptoms of diabetes such as excessive thirst, frequent urination, unexplained weight loss, fatigue or slow healing cuts or bruises.

Skin Examination

To check for skin cancer, your doctor examines your skin from head to toe, looking for moles that are irregularly shaped, have varied colors, are asymmetric, are greater than the size of a pencil eraser, or have grown or changed since your last visit. The American Cancer Society recommends you have a skin exam every three years if you're between the ages of 20 and 40 and every year if you're age 40 or older.

These tests are a good reference for men of all ages to use in mapping out a preventive health plan. The frequency and types of testing may vary from person to person depending on their individual health and family health history. The information in this article was taken from the Mayo Clinic Web site at mayoclinic.com. This Web site is a credible source of good health information for the entire family. If you have any questions please contact Selina Jeanise, Raymond W. Bliss Army Health Center Public Affairs Officer at 533-5668.

Eye exam

For men between 20 and 39, the American Academy of Ophthalmology recommends an eye screening once. For men between 40 and 64, get an exam every two to four years. For men over 65, get an exam every one to two years.

Hearing test

For men under 50, a hearing test should be done at least every decade. For men over 50, a hearing test should be done every three years.

Electrocardiogram (ECG)

Your doctor may recommend this test as part of a health exam.

Chest x-ray

Your doctor may recommend this test as part of a health exam.

Blood chemistry test

A blood chemistry test can provide information about how well organs such as your liver and kidneys are working. The test can also detect diabetes, so get tested regularly.

Fasting blood sugar test

For men over 45, the American Diabetes Association recommends that you have your blood glucose level checked every three years.

Skin examination

For men between 20 and 40, the American Cancer Society recommends you have a skin exam every three years. For men over 40, the American Cancer Society recommends a skin exam every year.



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Service News



U.S. Air Force photo by Staff Sgt. Efrén López

Galaxy reflection

Airmen unload vehicles from a C-5 Galaxy June 11. The Galaxy and its crew are providing transportation for cargo being used during Exercise Golden Medic 2005 which is being held simultaneously at three locations — Bushfield, Ga., Fort Gordon, Ga., and Fort McCoy, Wis.

Advertisement

Ultimate sacrifice paid in support of OIF

Two soldiers who were supporting Operation Iraqi Freedom died on Saturday in Baqubah, Iraq, from injuries sustained on Friday in Buritz, Iraq, when they were conducting a mounted patrol and their HMMWV was attacked by enemy forces using rocket-propelled grenades. Both soldiers were assigned to the Army's 2nd Battalion, 69th Armor Regiment, 3rd Brigade, 3rd Infantry Division, Fort Benning, Ga.

Killed were:

1st Lt. Noah Harris, 23, of Ellijay, Ga.

Cpl. William A. Long, 26, of Lilburn, Ga.

Spc. Anthony S. Cometa, 21, of Las Vegas, Nev., died June 16 in Safwan, Kuwait, when his HMMWV rolled over. He was assigned to the Army National Guard's 1864th Transportation Company, 106th Transportation Battalion, Henderson, Nev.

Staff Sgt. Christopher N. Piper, 43, of Marblehead, Mass., died on June 16 at the Brooke Army Medical Cen-

ter, Fort Sam Houston, Texas, from injuries sustained on June 3 when an improvised explosive device detonated near his military vehicle in Orgun-E, Afghanistan. He was assigned the 1st Battalion, 7th Special Forces Group, Fort Bragg, N.C.

Pfc. Michael R. Hayes, 29, of Morgantown, Ky., died June 14 in Baghdad, Iraq, where a rocket-propelled grenade hit his HMMWV while he was providing security cordon for an improvised explosive device found earlier. Hayes was assigned to the Army National Guard's 617th Military Police Company, Richmond, Ky.

Sgt. Anthony G. Jones, 25, of Greenville, S.C., died June 14 in Baghdad where an improvised explosive device detonated near his military vehicle. Sgt. Jones was assigned to the 104th Transportation Company, 36th Engineer Group, 3rd Infantry Division (Mechanized), Fort Benning, Ga.

Two soldiers who were supporting Operation Iraqi Freedom died on June

13 in Ramadi, Iraq, where their military vehicle came under a grenade attack while conducting combat operations. Both soldiers were assigned to the 2nd Battalion, 17th Field Artillery Regiment, 2nd Brigade, 2nd Infantry Division, Fort Carson, Colo.

Killed were:

Sgt. Larry R. Kuhns Jr., 24, of Austintown, Ohio.

Spc. Anthony D. Kinslow, 21, of Westerville, Ohio.

Cpl. Stanley J. Lapinski, 35, of Las Vegas, Nev., died June 11 in Baghdad when an improvised explosive device detonated near his military vehicle. Lapinski was assigned to the Army's 3rd Battalion, 7th Infantry Regiment, 3rd Infantry Division, Fort Stewart, Ga.

Sgt. David J. Murray, 23, of Clinton, La., died June 9 in Baghdad, when an improvised explosive device detonated near his military vehicle. Murray was assigned to the Army National Guard's 1088th Engineering Battalion, New Roads, La.



Advertisement

Don't miss Jo Dee Messina, Carrot Top, tonight at LAAF

If you don't already have your ticket for the 2005 Miller Lite Army Concert, starring Jo Dee Messina and Carrot Top, you still have an opportunity to purchase them at the advance price. Sierra Vista Safeway will continue to sell advance tickets until 2 p.m., today, as will Desert Lanes and MWR Rents on Fort Huachuca. ITR will sell advance tickets until 4 p.m. today.

Don't miss this opportunity to see the award-winning, multi-platinum recording artist Jo Dee Messina, along with one of the most popular and successful comedians in America, "Carrot Top,"



Jo Dee Messina

at Libby Army Airfield. The gates open at 6:30 p.m., and the show starts at 8 p.m. The concert is open to the public.

Tickets for active duty military E5 and above are \$12 in advance and \$15 at the gate. (These tickets must be purchased at one of the on-post locations.) E4 and below active duty military will be admitted free, with a ticket. Junior enlisted Soldiers should contact their unit sergeant major for more information. Children five and under will also be admitted free.

Although she is billed primarily as a country artist, Jo Dee Messina has also had considerable success in the pop/rock field, with her huge crossover hit, "Bring on the Rain."

Since her debut in 1996, Messina has had nine number one songs, two number one albums, and has sold more than 5 million albums.

The co-star of the show, Carrot Top stars for 15 weeks each year in Las Vegas, headlines another 100 plus concerts across the country and makes dozens of television appearances.

For more ticket information, call 533-2404. For more general information, call 538-1690.

Easy access to concert for all

The 2005 Army Concert, starring Jo Dee Messina and Carrot Top, will offer easy access for all, whether you are attending from Fort Huachuca or from off-post.

For off-post traffic, the East Gate will be used exclusively for concert attendees, providing direct access to a parking lot within walking distance of

Carrot Top



the concert site. Just enter the post through the East Gate, from either the Highway 90 Bypass or Buffalo Soldier Trail, and follow the signs. Access will be controlled, but well-marked and quick.

Those who are attending from on-post are encouraged to park and ride the free shuttles, from either Chaffee Parade Field or Greely Hall parking facilities. Greely Hall, Building 61801, is located on Arizona Street. Chaffee Parade Field is located along Hunt Street.

Shuttles will begin running at 5 p.m. and transport you directly to the concert site. Return shuttles will begin at 10 p.m.

Patrons are reminded that they are allowed to bring chairs to the concert site, however, all other items, including food, beverages, backpacks, coolers, weapons, recording devices and cameras are not allowed. A variety of food and beverages will be available to purchase.

Bingo closed, will re-open Sunday

The MWR bingo program is now closed at LakeSide Activity Centre. Bingo will remain closed today and Saturday, and will re-open at its new location, the Thunder Mountain Activity Centre, beginning at 12:45 p.m., Sunday.

To celebrate the move and to thank patrons for their support, from 11:30 a.m. to 3 p.m., Sunday, in addition to the regular bingo session, patrons will be able to enjoy free soft drinks, a free brunch buffet and several giveaways.

The bingo schedule at TMAC will be as follows: Tuesdays, Thursdays and Saturdays, bingo starts at 6:45 p.m.; Sundays, bingo starts at 12:45 p.m.

For more information, call TMAC at 533-3802.

Several MWR facilities closed today

These MWR facilities will be closed all day today, in support of the Miller Lite Army Concert: Jeannie's Diner, Desert Lanes, Irwin Pool and the lunch buffet at Thunder Mountain Activity Centre.

Jeannie's Diner will open at 11 a.m., tomorrow. Desert Lanes and Irwin Pool will be open regular hours tomorrow. TMAC will resume its lunch buffet schedule Tuesday.

Barnes Pool closed for swim meet

The pool at Barnes Field House will be closed Saturday and Sunday to host the Thunder Mountain Aquatic Club Swim Meet. For more information, call 538-3858.

Military Idol Competition

Army MWR is looking for contestants for the first Military Idol Competition.

Active duty amateur vocalists are invited to submit applications to their local MWR organization no later than July 22.

Applications and contest rules are available on line at www.militaryidol.com.

Locally, active duty personnel stationed at Fort Huachuca, from all branches of the service, are eligible. The first local competition will be held Aug. 5 at Time Out.

Competition winners at the local level will advance to the National Military Idol Competition, Oct. 17 - 22 at Fort Gordon, Ga.

For more information, call Marvin Wooten at 533-3802 or 533-7322, the Thunder Mountain Activity Centre.

Registration for swimming lessons

Registration for the final session of swimming lessons for 2005 will be held 8 a.m. - 2:30 p.m., July 4 - 8 at Barnes Indoor Pool. The session will be held July 19 - 29. Cost is \$30 per session.

For more information, call Karlie Hale at 533-3858.

Art Center plans stained glass class

The MWR Arts Center will hold a new stained glass class, for beginners to advanced students, 3 - 5 p.m., July 12, 14 and 19.

The class will teach students how to craft a sheet of stained glass into a sun catcher, mirror, picture frame or any other object. Cost is \$75 and all materials are included. The instructor is Jay Anderson.

For more information, call 533-2015.

4th of July specials at bowling center

Desert Lanes and Jeannie's Diner will offer the following specials, 11 a.m. - 6 p.m., July 4:

50 cents per game to bowl, 50-cent shoe rental, 50-cent hot dogs, hamburgers and soft drinks and \$1 french fries. For more information, call 533-2849.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com



Movies

Monster In Law plays at 2 p.m. Sunday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

U.S. team off to cycling world championship

SCOUT REPORTS

The U.S. Armed Forces Cycling team, including Maj. Mat Lorenz, Company A, 305th MI Battalion, is departing next week to participate in the highest level of military sports competition, the Council of International Military Sports Cycling World Championships hosted in Zegrze, Poland.

The team is made up of seven servicemembers from all branches of the military with Lorenz representing the Army along with Michael Gallagher of the Army Reserve. Andy Choca, Ian Holt and Trent Hornus represent the Air Force on the team. George Ganoung represents the Coast Guard and Shawn Olin represents the Navy.

The 19th World Military Cycling Championships will begin on June 27 and will conclude on July 4. The race will include a time trial where the participants will race for 15 miles and the main road race, where the participants will race for 93 miles. The event also includes opening and closing ceremonies that will showcase

the U.S. Armed Forces Cycling team in their Class A (or equivalent) uniforms.

The CISM championship is like a mini-Olympics, Lorenz said.

"[The race] should be very hard," Lorenz said. "It should be a great experience."

Lorenz qualified for the CISM event based on his finish place at the Tour de Bisbee, hosted in Bisbee, Ariz. in April, and his finish at the grueling Tour de Gila, hosted in Silver City, N.M. in May.

The Armed Forces Cycling team will be competing against some 100 cyclists, with around 25-30 percent of the competitors being professional cyclists, Lorenz said.

"This will be our build-up year," Debra Panzio, U.S. Armed Forces Cycling Team manager, said "We spent a lot of time and effort coordinating our international calendar to get one or two of our team members on the Olympic team last year. Everyone worked real hard to try to reach that goal, but fell short. This, being the first year of the quadrangle leading up to



Photo by Dan Simon

Matt Lorenz is on his way to Poland to compete in the CISM cycling world championship.

the next Olympics, we are relying on the discipline and dedication of the individual athlete to maintain their fitness levels to compete at CISM, their ultimate 2005 goal in military cycling."

Lorenz has not only maintained his fitness levels through strict discipline to make the CISM Cycling Team, he has also qualified for the World

Championship Ironman distance event (2.5 mile swim, 112 mile bike, and 26.2 mile run) in Hawaii in October by placing high enough to earn the slot at the Arizona Ironman last April.

"If Matt is selected, he could add enough of an advantage to the Army Team to ensure another Army win in Hawaii," Mike Hagen, com-

mander World Class Athlete Program, and former Army Ironman champion, said.

Final selections will be published by the Community Family Support Center Sports office in mid July.

In between the CISM race and the Ironman Triathlon, Lorenz will be racing in some "short and fun" hill races up Mount Lemmon and Kitt Peak.

Friendly competition fostered within law enforcement

BY SGT. JOY PARIANTE

SCOUT STAFF

Law enforcement personnel from the local area converged upon Pauly Field Sunday. Despite the presence of the Sierra Vista Police Department and the 18th Military Police Detachment, there was no trouble going on. The local officers were just coming together for the annual Fraternal Order of Police Father's Day Softball Tournament.

The purpose of the tournament is multifaceted, said Thomas Ransford, president, FOP, Huachuca Lodge #28. The game "builds camaraderie and esprit de corps within the law enforcement field" while "fostering competition between law enforcement agencies," Ransford explained.

Also, he said, "It allows the older city and county employees to relieve their high school years."

Well, the members of the SVPD must have been some pretty impressive high school athletes. Despite the valiant efforts of the fathers of the 18th MPs, SVPD destroyed them in the first game with a score of 19-1 and won by a much smaller margin in the second game with a score of 29-17. Ransford concluded that the loss was due to a stacked SVPD team, not only including SVPD officers and their family members, but several members of an unknown professional baseball organization. According to MP team member Rhett Weddell, the scores of the games didn't really matter, the goal was to set a positive example

for kids. With all the rage involved in sports nowadays, Weddell explained, it's good for kids to see a group of athletes just get on the field to have fun. But, Weddell clarified, the score might have been more important had the home team won.

The MPs sponsored the games for the FOP, and food and beverages were provided during and after the games by the order. Ransford said the softball tournament also gives members the chance to give back to the law enforcement community, with whose help, the FOP is continually able to give back to the local community. Ransford said the order gave \$1,500 in scholarships to local students in addition to donating money to local charities. The softball game, in addition to outings and other events, is a

way to "give back to members of the lodge who go out and raise money [for donation to the community]," Ransford said.



Photo by Sgt. Joy Pariente

The Sierra Vista Police Department team destroyed the 18th Military Police Detachment in the Father's Day softball tournament.

Fit For Life

Proper tire pressure can make cycling more fun

BY GEORGE R. COLFER, PH.D.
CONTRIBUTING WRITER

Road and mountain bicycling are two excellent ways to maintain fitness, enjoy the outdoors and in plain words, have fun! Bicycles are relatively easy to care for and maintain. The one component that proves troublesome for many is tire selection and care. Two questions commonly arise. What are the differences between road and mountain tires and how can flats be prevented? Proper tire selection for your needs and tire maintenance are most important.

The main differences between road and mountain tires are size, inflation pressures and tread technology. There are tires suited to every riding condition.

Road tires normally range in size from 700x20 to 700x32 and are slick with minimal or low profile tread patterns. They are designed for paved road surfaces. Some designs are engineered for better grip or traction on the road and some for low rolling resistance which can improve speed. Others try to combine both features into the same tire.

The most common use size is 700x23. Which one you choose should be dictated by your training needs. Race conditions may warrant less rolling resistance to maximize speed, but most people use the same tire to train and ride competitively. Road tire pressures may range from about 70 to 170 psi. Recommended psi is usually stamped on the tire sidewall. It is best to follow these recommendations and not go lower or higher to get the best use and wear from the tire. The most common pressures range from 90 to 110 psi.

Mountain tires range in size from 26x1.9 to 26x2.4. The 26x2.0 to 2.1 are the most common use sizes. Extra narrows (26x1.25 to 1.75) would be used more for bicycle commuting usually on paved surfaces. Mountain tire tread designs vary as to trail conditions. Some are made for hard pack conditions, others for soft and loose conditions and some for mud and wet conditions. The most preferred type of tire for all conditions is usually referred to as all-terrain or cross country. The knob pattern and label on the tire will indicate its preferred use.

Mountain tire pressures range from about 35 to 60psi. Most common use pressures are usually 45-50psi for off-road conditions.

All tires can flat whether they be tubeless or with tubes. Mountain tires are just as susceptible as road tires. There are several options to help. Tire liners inserted between the tire wall and tube assist in stopping punctures. Tire sealant can be injected into the tube which seals it from within and there are some bullet-proof tires available. The downside is that tire liners can still flat. Cactus or "cholla" thorns are especially formidable opponents and pinch flats can be caused by the tire liners themselves combined with low-tire pressures. With sealant you are supposed to be able to pump the tire back up almost immediately but it still may not hold air. Only small punctures actually seal themselves. Both liners and sealant add weight to the bike which obviously can cause a slower ride. But as one cyclist said "nothing slows me down more than a flat tire." Tire liners do not always work well with narrow road tires, but sealant will. Mountain tires could benefit from both if the

added weight is not a factor. I have personally ridden on one road tire with "armadillo" technology and run over glass and other debris without a flat tire. However, the downside again is added weight.

Mike Shindler, local bicycle store manager and mechanic offers the following advice concerning tires. "First and foremost, check your tire pressure before every ride. Many people omit this. It will help prevent pinch flats and save tire wear. Under inflated tires cause premature wear. Select a tire based on your training needs. The most expensive tires may not always be the best. Check with a bike shop and explain how you ride to get information on the best tires to fit your needs. Finally, tires do wear out and will need to be replaced. Safety is a primary concern whether it be for a road or mountain bike."

Be sure to carry a hand pump attached to your bike as well as a patch kit (pre-glued patches work best on rides), tire levers and, of course, the knowledge and technique to change a tire on the road or trail.

See **TIRES**, Page B7

Sierra Vista 50th Anniversary



Countdown: Sierra Vista turns 50 in 48 weeks

EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout", showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 51 years since 1951. Mergue copies of the "Scout" are available for viewing at the Fort

Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information. Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

From the June 16, 1955 "Fort Huachuca Scout"— FIRST ANNIVERSARY EDITION New Community Mushrooms Here - (Early History of Huachuca City)

In October, 1954, there was a junkyard 1 ½ miles north of the North Gate of Fort Huachuca. Three enterprising men, Dave Sulger, R. Mangles, and Todd L. Storms, stood on a hill overlooking the junk yard and conjured up a vision.

Today that vision has become a reality. Like a Phoenix rising from the ashes, a modern community now stands on the site of the former junk yard. "Boom towns" usually spring up all around Army camps, but this is no ordinary "boom town", every building is constructed to strict FHA specifications. No shacks here.

Where the War Surplus lumber used to stand, there is now a modern Cocktail lounge. On the spot where

rusting scrap once reposed, there are now 90 homes, a Barber shop, Beauty Parlor, Dress Shop, Lingerie Shop, Restaurant, and a modern 17 unit air conditioned motel.

Not content with this amazing accomplishment, the men plan to build 200 additional homes within the year, a Super-market which will open about July 1, with 6,000 feet of floor space, a variety store, laundry and dry cleaners, Drug Store, service station and garage, Church, and a park and swimming pool, not to mention an auto agency.

It is expected that soon another town will be added to the Arizona state map. A town that grew up over night, transposing an unhealthy cluttered lot into a pleasant community, filled with fort personnel.

In the June 23, 1955 "Fort Huachuca Scout": 504th Officers Go 100 Percent ROA

The officers achieved 100 percent membership in the Reserve Officers' Association.

"Three for the Show," a musical with Betty Grable, Jack Lemmon, Marge and Gower Champion, was playing at the post theater.

Arizona Tourist

See unusual life at the Douglas Wildlife Zoo

BY NANCY DICKINSON
SCOUT STAFF

When is a hobby not a hobby?
When it's become your life's work.

Marina Fugiel applied for a wild animal rehabilitator license from the government nearly three decades ago, now taking care of wild creatures is what she and her husband, Bruno, do.

The pair runs the Douglas Wildlife Zoo here in Southern Cochise County. The zoo has become a minor but important local attraction and can be a wonderful place to take the family for a fun and inexpensive afternoon.

Starting as a small volunteer operation as a rehabilitator for injured, wild and stray animals and birds has grown to a full-fledged habitat and home for a number of exotic and undomesticated animals, most of them non-native to Arizona. When Bruno retired from his employment in Mexico he and his wife had so many animals that friends and relatives told them again and again they should start a zoo. Not stopping to ask whether their friends were being sincere or ironic, Bruno and Marina simply moved forward, took many, many hours of required government training and created a small zoo.

As part of their rehabilitative

effort for the animals, the Douglas Wildlife Zoo established themselves as a receiving point for animals that have been seized by the government as a result of arrests in the black market or that had been retired from larger zoos across the country. The couple not only provides homes for healthy but illegally sold animals, but they also rehabilitate injured or displaced animals. These animals would face certain death without such care. Finally, they are also known to take in animals, domesticated or otherwise, who have become what is called a "problem animal" for whatever reason.

The animal population though small in number is certainly diverse. Some of the animals located at the zoo include a black bear, Rachel, who was orphaned at birth, Billy Bob, a Texas Longhorn Steer who retired to the zoo following a long career as a movie star in Hollywood, L'il Sammy, a particularly precocious 22- week old capuchin monkey, saved at the age of five weeks from being sold on the black market and several ostrich and emus. As young as Sammy is he's fast becoming the ambassador for the zoo, greeting visitors whenever he is brought out of his cage, climbing the leg, arm and neck of whomever is near and holding a treat.

The zoo is located not far from Cochise Community College in the middle of the desert near Douglas. While it is in a highly unlikely place, the animals living there appear healthy and well-cared for.

To get to the Douglas Wildlife Zoo from the post, exit out the Main Gate, taking a right onto Buffalo Soldier Road. From there go to Highway 92 and turn right towards Palominas until you reach Highway 80 in Bisbee. Turn right onto Highway 80 towards Douglas, staying on this same road through the traffic circle located in Bisbee until you see Cochise Community College in Douglas. From there, stay on 80 for approximately four and a half miles until you take a left onto Plantation Road. The Douglas Wildlife Zoo is located one and a half miles later on the left side of Plantation Road. The address for the zoo is 4000 N. Plantation Rd, Douglas, AZ 85607.

Admission to the zoo is nominal. For adults, the entrance fee is \$3.00, children ages 3-12 are admitted for \$2.00 and all children under the age of 3 and disabled patrons are admitted free. There is a military discount given with an active duty, retired or dependant ID shown. The Douglas Wildlife Zoo exists entirely on donations and admissions fees with 100 percent of the monies going

toward the cost of caring for the animals.

The hours of admittance are Monday through Saturday, from 10 a.m. to 5 p.m. and Sunday hours are from 10 a.m. to 5 p.m. The zoo is open seven days a week, but is closed all major holidays, including Father's Day. If in doubt as to whether the zoo will be open or closed, call in advance of your trip.

For more information, call the zoo directly at (520) 364-2515.



Photo by Nancy Dickinson

One of two ostriches at the Douglas Zoo.

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Scholastic Clay Target Program

Youths in grades six-12 are invited to learn to safely shoot a shotgun at 9:30 a.m. on Saturday at the Sportsman's Center on Fort Huachuca, under the supervision of certified instructors.

Ammunition, shotguns, clay targets and hearing and eye protection will be provided to participants free of charge. The only requirements are for a parent, counselor or guardian to be there, and for youths to bring a hat or cap. Adults are encouraged to participate, and should bring a cap, eye and hearing protection for themselves.

The Scholastic Clay Target Program is a state-wide program funded by taxes on Indian gaming. It is sponsored and administered by the Arizona Game and Fish Department. To date, several hundred youths are enrolled in the program. The goal of this effort is to field teams of youths from the Fort Huachuca and Sierra Vista area to compete in skeet, trap, and sporting clays. For more information, contact Rene Dube at (520) 378-6864.

Photo sessions for families of deployed, soon-to-be deployed Soldiers

In order to show appreciation for the efforts of deployed Soldiers and their family members, MWR will offer three photo sessions for family members of deployed or soon-to-be-deployed Soldiers and family members at the reduced cost of \$10 per session. The cost includes processing, 10 photos and a CD, (normally priced at \$25).

Sessions will take place 1 - 4 p.m., Saturday, July 9 and July 23 at the MWR Arts Center, Building 52008 on Arizona Street.

Reservations are required by calling the Arts Center at 533-2015.

Photo camp

MWR will be hosting a Summer Photo Camp for youth ages 10-14+. The camp will be from 10 a.m. to 2 p.m. on June 28 and July 5 at the MWR Arts Center, Building 52008. The cost of the camp is \$75 per student, which includes a camera and all materials. For more information, call Ricardo Alonzo or Riki Tarquinio at 533-2105.



Summer soccer camps for youth

Youth Services will hold week-long soccer camps for youth ages 5 - 14, the week of June 27 - July 1. Morning camps will be held 10 a.m. to noon, and afternoon camps will be held 5 - 6:30 p.m., Monday - Friday.

Cost of the camps is \$25 per child, per week, and each participant will receive a ball and a t-shirt.

Register at the Youth Center Building 49013, across from Smith Middle School, or call 533-3212 or 533-3205 for more information.



Coaches' meeting

There will be a coaches' meeting for the Commander's Cup Volleyball program at 10 a.m., June 28 at Barnes Fields House. The volleyball program will begin July 11. For more information, call Tom Lumley at 533-5031 or e-mail thomas.lumley@hua.army.mil.

Sign up now for Steelhead Triathlon

The Sports and Fitness branch of MWR will hold the Steelhead Triathlon starting at 6 a.m., July 23 at Irwin Pool. Entry forms are available now at Barnes Field House, or online at www.active.com. Entries are due by July 19. The course will include an 800-yard pool swim, a 13-mile bike ride on a paved course, and a 3.1-mile run on a paved road. Packets may be picked up beginning July 21 at Barnes Field House, or at Irwin Pool on race day.

The Steelhead Triathlon is the first event in the multi-sport summer series. The 2-10-2 Biathlon, scheduled for Aug. 20, and the 10 Kilometer Run, set for Sept 24, will complete the series.

For more information, call Karlie Hale or Ron Ellsworth at 533-3858 or 533-5031.

Instructors needed

The SkiesUnlimited program is looking for instructors to teach dance and or/gymnastics to military children. For more information, call Robin Gabert at 533-0710.

Earn an income while at home

The Fort Huachuca Family Child Care program is looking for individuals who want to earn an income, raise their children at home, and make a difference in another child's life by becoming certified child care providers. The next training begins July 6, and the deadline to sign up is June 30. For more information on how to become an FCC Provider, call 533-2498.

Reminder: Fort Huachuca housing residents may only provide child care in their quarters after gaining approval from the Garrison Commander and the commander's agent, the Fort Huachuca Family Child Care office.

Pets Of The Week



Brandi is a 2 year old, spayed female Australian Shepard. Chastian is a 2 year old, spayed female Queenslan Heeler mix. They came from the same home and would love to go to a new home together.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

House of Wax
R

Friday -7 p.m.

Kingdom of Heaven
PG-13

Saturday -7 p.m.

Unleashed
R

Sunday -2 p.m.

Monster In Law
PG-13

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, is leaving the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



TIRES, from Page B2

CO2 inflators are also available, which may ease inflation for a repaired tube or one with sealant gone flat. They are moderately priced but do require refills. Some tubes may shred and not be repairable. Therefore, carrying a new spare tube is a wise recommendation. Some cyclists prefer to always use a new tube to repair a flat. Sometimes a tube may have multiple punctures and once repaired may flat again. Also, be sure to check and inspect the inside of the tire for debris before replacing the new or patched tube. Once the repair is done, make sure you take all your trash with you. Don't leave it on the trail or road.

Last, if all else fails, talk to your bike as you walk it home or contact a friend from a cell 'phone. Every cyclist has had such moments!

Ask The Dietitian

The truth about fad diets

CAPT. JENNIFER L. RODRIGUEZ
REGISTERED DIETITIAN

Turn on any television on Saturday morning and what do you see? The promise of thinness, the quest for those six pack abs and the "sure fire" way to weight loss ... Yes, they are out there, fad diets and quick fix plans designed to make guarantees and take your money in the process. We live in an instant gratification society, where we want the "quick fix" and eating healthy and exercise just takes too long. But how do you know that your money is going to make the difference between breaking the bank and losing the fat forever? Here are some general guidelines to help you determine healthy plan or scam.

My first advice is "If it sounds too good to be true, it probably is." Most fad diet plans promise quick results for weight loss. "Lose 40 pounds in one

week." Remember, it takes a loss of 3500 calories to lose one pound of fat. Healthy weight loss is 1-2 pounds per week. Losing 40 pounds in one week is mostly water loss and can easily return the next time we eat or drink.

Read the fine print. Most fad diets or supplements have a disclaimer statement that typically states, "These results not typical" or "These people reimbursed for their services." One size does not fit all. Everyone is different. That's what makes our country so interesting and exciting. If there were one "blue print" or fad diet that actually worked, why are we not all thin and looking like that super model selling the goods?

Fad diets tend to lack important nutrients, vitamins and minerals. Others can potentially cause harm and risk our health. Lack of energy, headaches, increased risk for heart disease, stress to

kidneys, and osteoporosis are just a few of the potential risks associated with some fad diets.

The best fad diet out there is the one I like to call "Move More & Eat Less." The bottom line is calories in versus calories out. Create a calorie deficit with exercise and eating less and you will lose weight. Sure it won't lead to a 40 pound weight loss by next week, but it is something you can do for a lifetime and wouldn't it be better to be healthy all the time, than to follow that yo-yo life of lose weight, gain weight and possibly even harm your health? I know you can do it! Go out there and make that effort to be healthy. Your body will thank you for it!

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.

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